

HARVEST OF THE MONTH PRESENTS...



HARVEST HEROES!



SEPT
2007

SORRY DISEASE, THERE'S
JUST NO CONTEST...

YOU'RE NO MATCH FOR THE
HEROES OF THE HARVEST!



Featuring this month's heroes...

THE AMAZING APPLES!

APPLES REALLY MAKE MY
DIGESTIVE SYSTEM GO

FOOM!

HOW DO THEY DO IT?!!

HOW DO APPLES HELP

Zzap!

MY NERVES,
HEART, MUSCLES AND
KIDNEYS TO WORK?!!!

HOW DO APPLES HELP ME

Smash!

DISEASE?!!!

This material was created and approved as an extension to the Harvest of the Month tool kit developed by the Network for a Healthy California.

FIND OUT INSIDE!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



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& TIME LOG...

FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...
THANK YOU!!!

DON'T FORGET THIS MONTH'S FEATURED BOOK,
"APPLES TO OREGON." SEE YOUR LIBRARY'S
"Eat Your Books" RACK FOR TEXT AND LESSON!



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THE AMAZING APPLES!

GROW-ETRY.

HOW WE GREW TO BE THE HEROES WE ARE...

WE'RE HONORED TO BE RECOGNIZED AS THIS MONTH'S HEROES,
WORRIED ABOUT DISEASES? THERE'S NO REASON TO FEAR-O!
WE'RE DARING, YET TASTY... ABUNDANT, YET UNIQUE,
WE'RE PERFECT RIGHT NOW BECAUSE WE'RE AT OUR PEAK!

WE'VE BEEN ON THIS PLANET FOR OVER 2 1/2 MILLION YEARS,
WE SURE HAVE HAD ONE LONG, DISEASE-FIGHTING CAREER...
IT WASN'T UNTIL THE 1800'S WHEN WE SAID, "CALIFORNIA, WHASSUP YO!"
THE CENTRAL AND NORTHERN COASTS ARE WHERE WE BEGAN TO GROW...

WOULD YOU BELIEVE THERE ARE 7,500 AMAZING APPLES IN OUR FAMILY SO LARGE?
DISEASES CRY WHEN THEY SEE US COMING, THEY KNOW WHO'S IN CHARGE...
AND HERE IN YOUR STATE, AT LEAST 12 OF OUR FAMILY THAT ARE GROWN,
WE TASTE SO GOOD, WE SMELL SO GOOD... HEARD OF "PHYTOCHEMICAL COLOGNE"?!!

THERE'S THE GALA AND THE FUJI, SO SWEET AND CRISPY WHEN YOU CHEW,
BRAEBURN, MCINTOSH AND JONATHAN ARE ALSO OF A RED AND SLIGHT CREAM HUE...
AND WHO EVER SAID THAT SUPERHEROES CAN'T WEAR HOT PINK?
I DARE DISEASE TO TELL PINK LADY, SHE'LL BUST THEM UP BEFORE THEY BLINK...

DON'T MESS WITH OUR GRANNY SMITH, SHE MAY BE GREEN BUT SHE'S GOT BULK,
KINDA LIKE A MUCH STRONGER VERSION OF THAT GREEN GUY YOU CALL "THE HULK"...
AND LIKE FERGIE, RED DELICIOUS, OR GOLDEN DELICIOUS, MAKE THEM BAD GUYS LOCO,
THEY WANT OUR TREASURES, THEY CAN'T HAVE IT, THAT IS SURE NO JOKE-O...

OUR TREASURES WE HAVE, WE SAVE FOR YOU, FOR YOU ARE WHO WE PROTECT,
PHYTOCHEMICAL POWERS SO STRONG WE USE, SO DISEASE CANNOT INFECT...
POTASSIUM KEEPS YOUR ORGANS WORKING, FIBER KEEPS YOUR INTESTINES FLUSHED,
OUR FIBERS ALSO SCRUB YOUR TEETH, DENTISTS CALL US "NATURE'S TOOTHBRUSH"...

ENJOY US RAW, AND IN RETURN, RECEIVE A SWEET OR A TART CRUNCH,
APPLESAUCE AS AN AFTER SCHOOL SNACK, OR PACKED RIGHT IN YOUR LUNCH...
APPLES DIPPED IN YOGURT, DIPPED IN A FLAVORED LOW-FAT CREAM CHEESE,
IN A SALAD OR SOME PANCAKES, YOU WILL LIKE US GUARANTEED!

IN THE FALL IS WHEN OUR TREES BEAR AMAZING APPLES AT THEIR PEAK,
WHEN YOU FINALLY PICK US AT THE STORE, THERE IS A GOOD TECHNIQUE...
MAKE SURE OUR SKIN IS FIRM AND SHINY, BRUISES WE SHOULD BE WITHOUT,
IF WE'RE SOFT AND WRINKLY, A LITTLE WORM JUST MIGHT POP OUT!

WE'RE HONORED TO BE RECOGNIZED AS THIS MONTH'S HEROES,
WORRIED ABOUT DISEASES? THERE'S NO REASON TO FEAR-O!
WE'RE DARING, YET TASTY... ABUNDANT, YET UNIQUE,
WE'RE PERFECT RIGHT NOW BECAUSE WE'RE AT OUR PEAK!

- BEN BRATCHER, 2007



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TOP SECRET INFO.

APPLE POWERS!

FIBER!

Fiber not only helps keep energy levels steady, but also helps keep your intestines working to prevent constipation.

POTASSIUM!

Vital for normal muscle contraction, nerve impulses, the functioning of the heart and kidneys, and blood pressure regulation.

TEETH CLEANER!

Dentists call the apple "nature's toothbrush"... apple fibers scrub the teeth; chewing helps the teeth and gums healthy by eliminating bacteria in the mouth.

PHYTOCHEMICALS!

Pronounced "Fie-toe-KEM-ih-kuhls," these powerful plant chemicals strengthen your body against diseases like cancer and heart disease!

HOW TO GET APPLE POWERS

- Raw apples with the skin provide the most punch!
- Get hold of some "no sugar added" applesauce!
- Ever tried a "Waldorf salad"? Add to your salad greens some cut up apple, celery, raisins and walnuts, topped with a low-fat creamy dressing!
- Add sliced apples to a toasted bagel spread with cream cheese and sprinkled with cinnamon.
- Try an apple pizza, with sliced apples on an english muffin, topped with shredded cheese!
- Slice apples and dip them in peanut butter, yogurt, or a flavored low-fat cream cheese!
- Two words: Apple pancakes!

WHEN ARE APPLES "IN SEASON"?

Fruits and vegetables harvested right now are "in season; they are ready to be picked from the trees and eaten... they're at their freshest point - their peak!

California's climate ensures a steady supply of fresh apples from July to November; each variety will peak at different times in the fall. While they are freshest during this time, they may be stored under conditions that make them available month after month...

DID YOU ALSO KNOW?

1

About 2,500 varieties of apples are grown in the United States, and more than 7,500 are grown worldwide.

2

An average apple tree produces 2,000 apples every year.

3

Apples used to replace fat and butter in baked goods. (Replace fats in recipe with an equal volume of applesauce plus 1/3 of the oil called for in the recipe.)

4

Fresh apples float because 25% of their volume is air. Try it!

5

From 1795 to 1845 John Chapman (a.k.a. "Johnny Appleseed") planted apple seeds in Illinois, Indiana, Kentucky, Pennsylvania, and Ohio.



ACTIVITY OVERVIEW: K-2

ACTIVITY CALIFORNIA CONTENT STANDARDS

Writing Practice	K	<ul style="list-style-type: none"> Writing Strategies 1.4 Write uppercase and lowercase letters of the alphabet independently, attending to the form and proper spacing of the letters.
KWL Chart: "What Do You Know?"	1	<ul style="list-style-type: none"> Reading Comprehension 2.3 Make and confirm predictions about text by using prior knowledge; 2.2 Respond to who, what, when, where, and how questions; 2.5 Confirm predictions about what will happen next in a text by identifying key words (i.e., signpost words); 2.6 Relate prior knowledge to textual information. written and English oral language conventions 1.1 write and speak in complete, coherent sentences. Use details and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues; 2.4 Evaluate new information and hypotheses by testing them against known information and ideas.
	2	<ul style="list-style-type: none"> Reading Comprehension 2.3 Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas; 2.4 Draw inferences, conclusions, or generalizations about text and support them with textual evidence and prior knowledge.
Flow Map®: "How An Apples Powers Develop"	2	<ul style="list-style-type: none"> Reading Comprehension 2.5 Restate facts and details in the text to clarify and organize ideas. 2.6 Recognize cause-and-effect relationships in a text. 2.7 Interpret information from diagrams, charts, and graphs.
Label Reading: "Crack the Nutrition Facts"	2	<ul style="list-style-type: none"> Reading Comprehension 2.4 Ask clarifying questions about essential textual elements of exposition (e.g., why, what if, how). 2.7 Interpret information from diagrams, charts, and graphs.



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ACTIVITY OVERVIEW: K-2

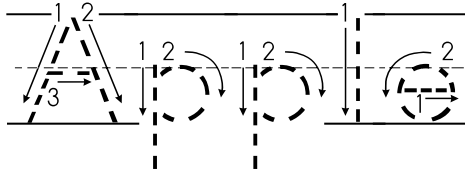
ACTIVITY CALIFORNIA CONTENT STANDARDS

Circle Map®	K	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.17 Identify and sort common words in basic categories (e.g., colors, shapes, Foods); 1.18 Describe common objects and events in both general and specific language. Speaking Applications 2.1 Describe people, places, things (e.g., size, color, shape), locations, and actions.
	1	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.17 Classify grade-appropriate categories of words (e.g., concrete collections of animals, Foods, toys).
	2	<ul style="list-style-type: none"> Reading Comprehension 2.5 Restate facts and details in the text to clarify and organize ideas; 2.7 Interpret information from diagrams, charts, and graphs.
Apple Identification: "Pick the Apples"	2	<ul style="list-style-type: none"> Reading Comprehension 2.2 State the purpose in reading (i.e., tell what information is sought) 2.3 Use knowledge of the author's purpose(s) to comprehend informational text.
Draw Us.	K	<ul style="list-style-type: none"> Artistic Perception 1.2 Name art materials (e.g., clay, paint, and crayons) introduced in lessons; 1.3 Identify the elements of art (line, color, shape/Form, texture, value, space) in the environment and in works of art, emphasizing line, color, and shape/Form.
	1	<ul style="list-style-type: none"> Reading Comprehension 2.3 Follow one-step written instructions. Artistic Perception 1.3 Identify the elements of art in objects in nature, the environment, and works of art, emphasizing line, color, shape/Form, texture, and space.
	2	<ul style="list-style-type: none"> Reading Comprehension 2.7 Interpret information from diagrams, charts, and graphs; 2.8 Follow two-step written instructions. Artistic Perception 1.3 Identify the elements of art in objects in nature, the environment, and works of art, emphasizing line, color, shape/Form, texture, and space.

WRITING PRACTICE.

PRACTICE WRITING THE WORD "APPLE."

Apple



Apple

PRACTICE WRITING THE FOLLOWING SENTENCE.

Apples are fruits.

WHAT DO YOU KNOW?

1. SOMETHING I ALREADY KNOW ABOUT APPLES:

2. SOMETHING I WOULD LIKE TO LEARN ABOUT APPLES:

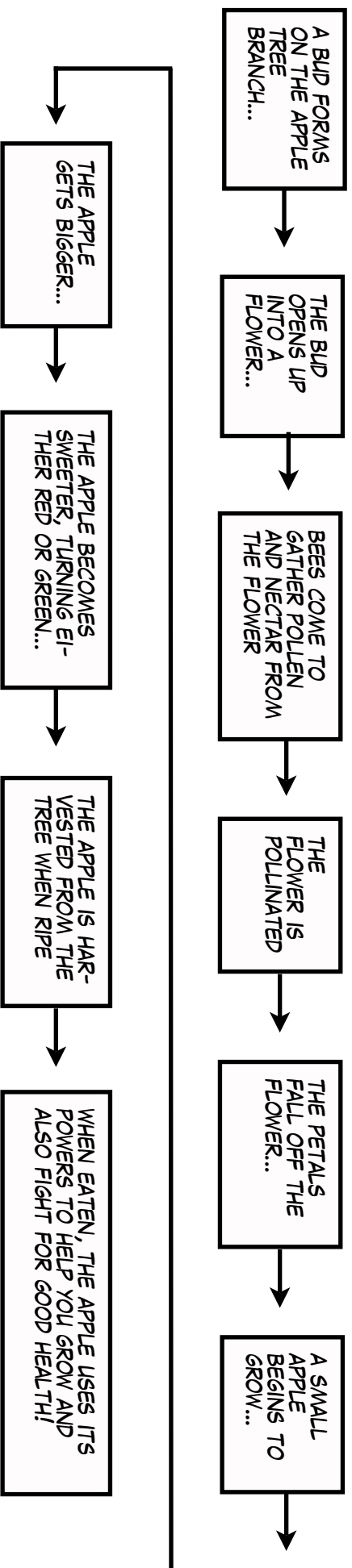
3. WHAT I LEARNED ABOUT APPLES:



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FLOW MAP®: HOW AN APPLE POWERS DEVELOP



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THE AMAZING APPLES!

CRACK THE NUTRITION FACTS.

YOU DON'T NEED X-RAY VISION OR ANY SPECIAL GOGGLES TO READ THE NUTRITION FACTS LABEL. YOU'LL FIND IT EASY TO DO ONCE YOU GET THE HANG OF IT. PROVIDED IS THE NUTRITION FACTS LABEL FOR THE "AMAZING APPLE." HELP CRACK THE NUTRITION FACTS BY ANSWERING THE FOLLOWING QUESTIONS:

1. CIRCLE WHAT THE SERVING SIZE IS.
2. CIRCLE THE AMOUNT OF GRAMS (G) OF FIBER IN ONE APPLE (NOT THE "%").
3. BUBBLE IN THE CORRECT ANSWER BELOW ABOUT THE AMOUNT OF FIBER IN 1 APPLE:
 - ☐ GOOD SOURCE OF FIBER: LESS THAN 5 GRAMS (G)
 - ☐ EXCELLENT SOURCE OF FIBER: GREATER THAN OR EQUAL TO 5 GRAMS (G)
4. CIRCLE THE AMOUNT OF FAT IN 1 APPLE, IN GRAMS (G), NOT PERCENT (%).
HOW MANY GRAMS (G) IS THIS? _____
5. APPLES MAIN POWERS CONSIST OF ALL OF THE FOLLOWING LISTED BELOW. CIRCLE THE 2 THAT ARE LISTED ON THE NUTRITION FACTS LABEL SEEN HERE.
 - A. FIBER! C. TEETH-SCRUBBING!
 - B. POTASSIUM! D. PHYTOCHEMICALS!
6. TO BE CONSIDERED AN EXCELLENT SOURCE OF CALCIUM, A FOOD MUST CONTAIN 20% OR MORE OF THE DAILY VALUE FOR CALCIUM. WOULD AN APPLE BE CONSIDERED AN EXCELLENT SOURCE OF CALCIUM? BUBBLE IN THE CORRECT ANSWER.
 - ☐ YES
 - ☐ NO

Nutrition Facts	
Serving Size	1 medium apple (154g/5.5 oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%

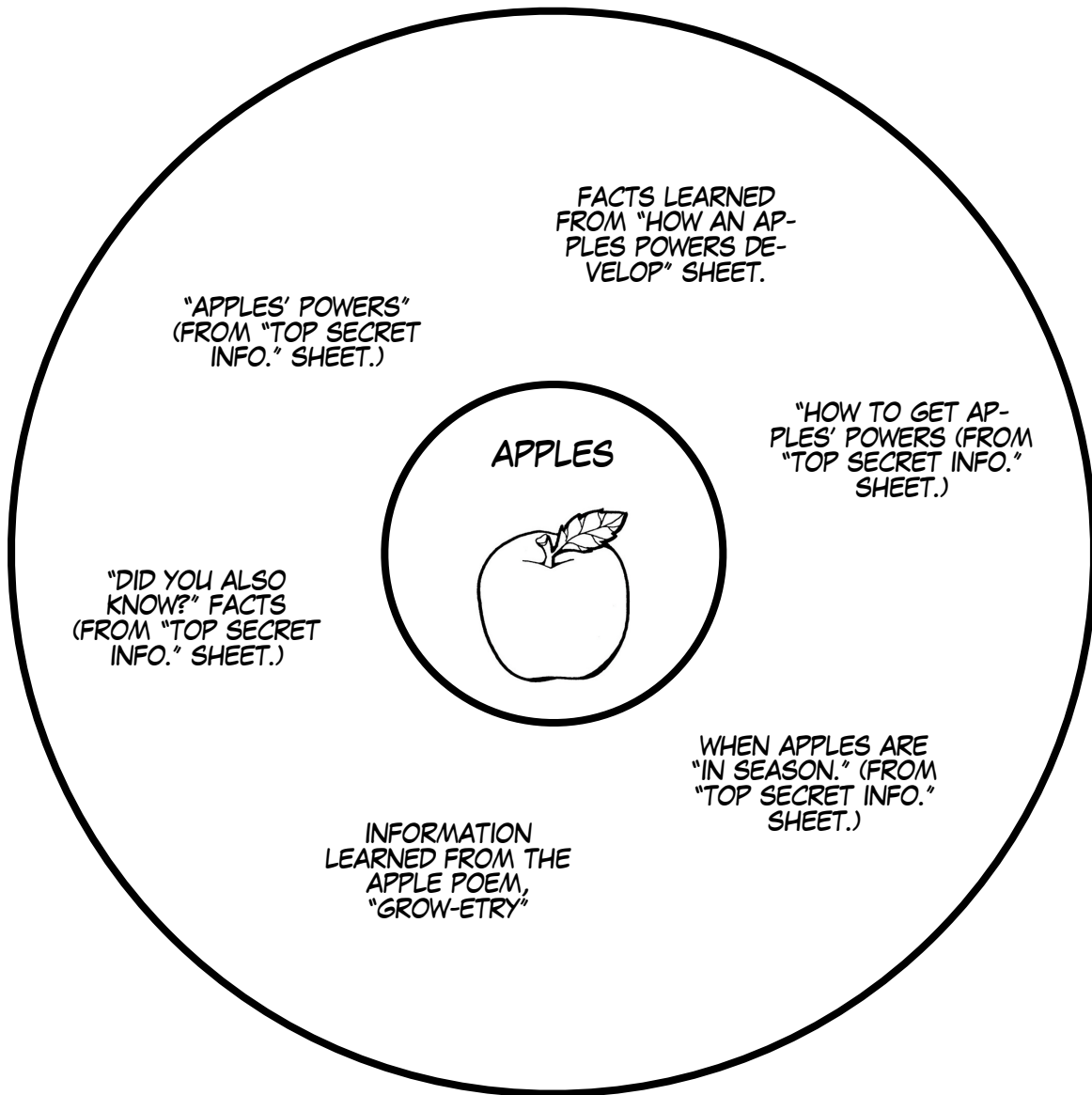


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CIRCLE MAP®

POSSIBLE IDEAS TO INCLUDE IN THE FORMATION OF A CIRCLE MAP® ABOUT APPLES...

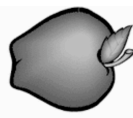
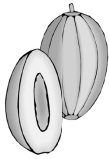


THE AMAZING HYDRES!

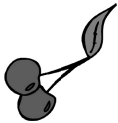
PICK THE APPLES.

DIRECTIONS: CIRCLE THE APPLE IN EACH ROW.

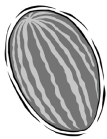
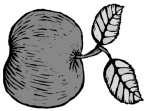
1



2



3



4



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THE
**AMAZING
APPLES!**

DRAW US.

BASED ON WHAT YOU'VE LEARNED ABOUT 'THE AMAZING APPLES', DRAW A PICTURE OF WHAT YOU THINK THEY WOULD LOOK LIKE WHEN THEY'RE OUT FIGHTING DISEASE. KEEP IN MIND THEIR POWERS, WHEN THEY'RE IN SEASON, HOW TO PICK THEM, AND OTHER FACTS THAT MAKE THEM ABSOLUTELY 'AMAZING'!



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THE
AMAZING
APPLES!

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
AN APPLE AGAIN?

☐ YES

☐ NO

COMMENTS: _____



THE
AMAZING
APPLES!

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
AN APPLE AGAIN?

☐ YES

☐ NO

COMMENTS: _____

EVALUATION

School: _____

Date: _____

Students: _____

Teacher Name: _____

Grade: _____

PART 1

Before and after the taste test nutrition lesson, please ask the students to respond to the following questions by a show of hands. Please write down the number of hands in the appropriate boxes here:

	before	after
1. Who likes to eat Fruits & vegetables?		
2. Who eats at least 1 Fruit every day?		
3. Who eats at least one vegetable every day?		
4. Who will eat an apple?		

PART 2

- Which of the Tool Kit materials were most useful? (Mark all that apply.)
☐ Parent Material ☐ Taste Test ☐ "Grow-etry"/"TopSecret Info."
☐ The Following Activity(ies): _____
- Please note how much time was spent on the Activity(ies): _____
- What nutritional concept(s) did you emphasize? (Mark all that apply.)
☐ Try new Foods
☐ Eat Fruits & vegetables at school breakFast & lunch
☐ Growing students need 1½ cups Fruits & 2½ cups vegetables
☐ USDA's MyPyramid provides dietary guidance
☐ Other: _____
- What core subjects did this lesson reinforce? (Mark all that apply.)
☐ English Language Arts ☐ Math ☐ Social Science ☐ Science
- What changes in your classroom have you made/will you make after participating in the taste test activities? _____

- Comments/Suggestions (If more space needed, please use back.):

DON'T FORGET!

Funding of this program requires 2 types of documentation:

1. EVALUATION

Submit this page to Elizabeth Vera at x 7966 or x 5986 as soon as possible.

2. TIME LOG

Submit every month. The next one is due **OCTOBER 1st.**

THANK YOU!



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